

DAILY CLARION.

HOW TO KEEP WARM.

There are a great many absurd notions afloat upon the subject of how to keep warm, and at the same time avoid draughts and humor out. The apparent failure of certain systems to provide comfort has led in some instances to the condemnation of all systems which have been denominated scientific and of the advocacy of a return to the old method of heating by stoves, on the ground that they are free from the curse of being "smeltific." The fear of draughts is a great bugbear. If a wavy of moving air, whether warm or cold, and as gentle as a fragrant evening breeze, strikes a sensitive person, a horror of "taking cold" at once possesses him. As a writer in the *Wall Street Journal* recently says, draughts, objectionable as they are, are often credited with more than is really their due. Frequently the chilling feeling that one experiences from the window-ward side as one sits in a room is caused, not by a current of cold air setting from the window to the fire, but by the coldness of the window itself. For this latter, being kept at low temperature by contact with the outside air, draws the heat from the body, or rather the heat radiates from the body to the window—the temperature of the air in between making no difference to this transference, in accordance with a well-known property of radiant heat. For instance, the air in a room may be quite hot, and yet a large window, however air-tight, will make itself unpleasantly felt on a cold day, just as on board ship the propinquity of an iceberg is announced by a lowering of temperature. A screen interposed between the window and any one exposed to its malignant influence will often afford great relief; and one reason why rooms frequently feel more comfortable in the evening is that the cold glass is effectually shut off behind the closely drawn curtains or blinds. In countries where the winters are habitually severe, the advent of frost is usually the signal for the fixing up of inner windows, the layer of air between these and the outer ones forming an excellent barrier to the escape of heat owing to its low conductive power. Cold walls also induce a sense of chilliness, but if they are properly built there should be no difficulty in keeping them warm on the inside.

Heat may be obtained, as from stoves, without any apparent movement of the air in the room, and, consequently, without draughts; but, on the other hand, there cannot be any ventilation without a movement of the air; hence there must be draughts if we would have pure air. No danger need be feared from this if the current is not too strong and the air itself is properly warmed. The writer referred to above, who would evidently be considered an expert, says that the experiment has sometimes been tried of warming rooms by means of heated air only, but the result has never been good. While he is certainly mistaken in this, as the success of warming of rooms by hot-air furnaces prove, the facts which he states as supposed reasons for his statement are interesting. In order to warm the walls to the requisite degree the air must be hotter than is healthy or agreeable for breathing, he says. Now this is true enough, if the mistake is made of placing the furnace in the basement in the centre of the building and conducting the hot-air flues directly to the rooms directly above. This introduces the hot-air into the rooms near the interior walls, and, of course, in the warmest part of the room. It is plain enough that under such circumstances the air must be raised to a temperature too hot for respiration in one part of the room, for sufficient warmth for comfort in another part. Let these flues be so constructed that the hot-air will first make its appearance near the outside windows and the exterior walls. There will be no trouble then in maintaining an even and comfortable temperature. The *Wall Street Journal* writer argues that the principle of heating by hot air is wrong; the air should not warm the walls, but the walls should warm the air. He is in favor of open fires, the rays of heat from an open fire, he says, pass through the air without heating it and produce no effect until they impinge on the wall, furniture and carpet of the room. These being thus gently warmed communicate their heat by contact to the air about them and in this way, while the objects in the room are raised to a sufficient temperature, the air is not rendered unpleasant by being overheated. This is well enough in mild climates like those of England, but the experiment of heating rooms by open fires in this climate, where the temperature frequently drops below zero, cannot be made a success. In this country we are compelled to fall back on the use of hot air, which serves the double purpose of conveying heat from one room to another and aids very materially in ventilation. But we are not obliged to use the common hot-air furnaces—and the Jackson heat-saving and ventilating grate is a good illustration of a system which answers these purposes very successfully. In it we seem to have the problem of heating and ventilation solved; as well do we secure the exhilarating influence of the open fire. With this grate the air is introduced to the room through an opening above the fire, after having passed over the heated surface of the grate itself. The doors and windows of the room might be made air-tight, if possible, by weather-strips and double sash, yet the air of the room would be kept constantly fresh and pure, being changed entirely, it is claimed, every twenty or thirty minutes by a supply of invigorating, pleasant and warm air brought directly from the outside.

The difficulty and danger attending the ordinary open fire are found in the fact that it is impossible so to close the cracks and crevices about the windows and doors as to prevent the cold air rushing in and sweeping across the room against the back, head or feet of the occupants. In cold weather, it becomes necessary to raise the fire to so high a temperature that it will blister the face, while the cold air rushing toward it is both uncomfortable and dangerous to the health.

It is often argued in favor of high

ceilings that there is abundant space in the upper part of the room for the vitiated air which accumulates. Labored arguments are put forth to show that this vitiated air should be removed without becoming the source of danger by breathing, and all sorts of devices are made and introduced for the removal of this air near the ceiling. Would it not be better to return to the construction of the old-time low ceilings; then see to it that we have such systems of heating and ventilation that there can be no accumulation of foul air?—*The Sanitary News.*

Dish Washing and Nonchalance.

One last word as to the healthfulness of dish washing. There is no such certain cure for a poor circulation; the constant and varied exercise with hands in hot water sending the blood to the extremities swiftly and freely, and nonchalance will fit before it. A young lady, who is an enthusiastic pianist, tells me her fingers are never so supple as on Monday morning when she has a pan of hot water brought into the sunny breakfast room and "takes Katie's place washing up the breakfast things." Do not be afraid of it; only let your dish washing be done decently and in order.—*Trebor Ohl, in Good Housekeeping.*

An experiment is being tried at Portsmouth, in England, with the object of determining the practicability of applying liquid fuel as a steam generator to men-of-war. The fuel consists of creosote, which is procurable at a penny a gallon. So far the system has proved superior to others previously tried, and it is believed that the difficulties in the way of the use of liquid fuel are in a fair way of being overcome.

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